## Calendar of Health Events

Promote the Live Like Your Life Depends On It campaign monthly by incorporating campaign materials into monthly theme activities.

## July

#### It's Never Too Late to Feel Great and Eat Smart

Being active for 30 minutes or more on most days of the week can help you feel great! Summer is a great time to get outside and enjoy the weather by taking a walk or participating in some other physical activity, such as biking, gardening, playing, hiking or swimming. Gardening is a good way to increase physical activity and enjoy fresh fruits and vegetables.

Eating smart helps you feel and look better so you live a longer, healthier life.

Summer provides a great opportunity to enjoy fresh fruits and vegetables that are easy and fast to prepare! Often, washing the fruit or vegetable is all the only preparation needed. Taking advantage of seasonal fruits and vegetables offers more variety.

#### **Suggested Activities:**

- Encourage physical activity among the elderly by distributing the Live Like Your Life Depends On It Feel Great message card or post the Feel Great poster at senior centers. Encourage walking in the morning or evening to avoid heat–related illness. Information on heat-related illness can be found at <a href="http://www.dhss.mo.gov/Hyperthermia/HeatPrecautions.html">http://www.dhss.mo.gov/Hyperthermia/HeatPrecautions.html</a>.
- Promote physical activity in the community by distributing the Live Like Your Life Depends On It Move More message card at local beauty salons, pharmacies, libraries, etc. Consider including information related to sunscreen and insect protection. Information on skin cancer can be found at <a href="http://www.cdc.gov/cancer/skin/">http://www.cdc.gov/cancer/skin/</a>. Free educational materials related to avoiding tick-borne diseases can be found at <a href="http://www.dhss.mo.gov/TicksCarryDisease/Prevention.html">http://www.dhss.mo.gov/TicksCarryDisease/Prevention.html</a> and a handout related to choosing insect repellents can be found at <a href="http://www.dhss.mo.gov/TicksCarryDisease/repellentposter.pdf">http://www.dhss.mo.gov/TicksCarryDisease/repellentposter.pdf</a>.
- Ask local churches and other faith-based organizations to promote healthy eating among their members by attaching the Live Like Your Life Depends On It Eat Smart newsletter article to the church flyer or excerpt parts to include in the bulletin/newsletter. They might also include recipes using fresh fruits and vegetables. Recipes using fresh fruits and vegetables can be found on the Live Like Your Life Depends On It campaign website at <a href="http://lifedependsonit.com/Details.aspx?NavID=453">http://lifedependsonit.com/Details.aspx?NavID=453</a>.

• Promote healthy eating on the Fourth of July by sharing recipes that contain red, white and blue fruits and vegetables (see recipes at end of document). These recipes could be published in the local newspaper or in newsletters for senior centers, worksites, etc. Additional healthy recipes can be found on the Live Like Your Life Depends On It campaign website at <a href="http://lifedependsonit.com/Details.aspx?NavID=453">http://lifedependsonit.com/Details.aspx?NavID=453</a>. Consider including information on food safety. Fact sheets on food safety can be found at <a href="http://www.fsis.usda.gov/Fact\_Sheets/Seasonal\_Food\_Safety\_Fact\_Sheets/index.asp">http://www.fsis.usda.gov/Fact\_Sheets/Seasonal\_Food\_Safety\_Fact\_Sheets/index.asp</a>.

# To access resources from the Live Like Your Life Depends On It Campaign (click here)

For more information on the benefits of	For more information on
Fruits and Vegetables	Physical Activity and Nutrition
National Fruit and Vegetable Program	Health Promotion
Centers for Disease Control and Prevention	MO Department of Health and Senior Services
www.fruitsandveggiesmatter.gov/	PO Box 570
	Jefferson City, MO 65102-0570
	573-522-2820
	www.dhss.mo.gov/PhysicalActivity/
	www.dhss.mo.gov/fruitsandveggies/
	www.dhss.mo.gov/Nutrition_Everyone/
	Patricia Kramer, MS, RD, LD, Nutrition Coordinator

Observance pulled from National Health Information Center's 2008 National Health Observances at <a href="http://www.healthfinder.gov/nho/default.aspx">http://www.healthfinder.gov/nho/default.aspx</a>

See next page for recipes.



### **Purple Party Parfait\***

Makes a great breakfast, dessert, or snack!

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Beverages & Smoothies Think Variety; Think Color: Preparation time: 10 minutes

Serves: 6

Cups of Fruits and Vegetables per Serving: 1/2

Each serving provides: An excellent source of vitamin C.

#### Ingredients:

1 cup frozen blueberries, without sugar 1 cup frozen strawberries, without sugar ½ cup fat-free cottage cheese 1½ cups green grapes

1 kiwi for garnish (optional)

Place the blueberries, strawberries, and cottage cheese in a food processor and blend until smooth. Place the grapes in a cup or bowl and spoon blended mixture over the grapes. Garnish with kiwi

(optional).

Note: If you are using a blender, let frozen fruit thaw, and blend in small batches.

\*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

#### **Nutritional Information per Serving**

Calories: 64 Carbohydrates: 14g
Total Fat: 0.3g Cholesterol: 2mg
Saturated Fat: 0g Dietary Fiber: 2g
% of Calories from Fat: 3% Sodium: 77mg

Protein: 3g



### Symphony of Fruit Pizza\*

As pretty as it is delicious!

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's <u>strict nutrition guidelines</u> as a healthy recipe.

Category: Desserts

Think Variety; Think Color: Preparation time: 10 minutes

Serves: 1

Cups of Fruits and Vegetables per Serving: 1/2

Each serving provides: An excellent source of vitamins A and C,

and a good source of folate and fiber.

#### Ingredients:

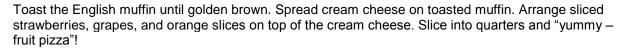
1 English muffin

2 Tbsp. whipped fat-free strawberry cream cheese

1/3 cup strawberries, sliced

1/4 cup red grapes, quartered

1/4 cup canned mandarin oranges, drained



\*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

#### **Nutritional Information per Serving**

Calories: 228 Carbohydrates: 46g
Total Fat: 1.3g Cholesterol: 5mg
Saturated Fat: 0g Dietary Fiber: 4g
% of Calories from Fat: 5% Sodium: 374mg

Protein: 10g



## **Tropical Sunrise Parfait\***

This taste from the tropics will put a splash of sunshine in your morning.

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Desserts

Think Variety; Think Color: Preparation time: 15 minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Each serving provides: An excellent source of vitamin C and fiber,

and a good source of calcium and potassium.

#### Ingredients:

2 cups canned pineapple tidbits or chunks in 100% fruit juice, drained

1 cup (½ pint) raspberries (fresh or frozen)

1 cup low-fat vanilla yogurt

1 medium banana, sliced

1/3 cup dates, chopped

1/4 cup whole almonds, toasted and chopped

Heat oven to 300°F. Put almonds on a non-stick baking pan. Place in oven for 5-6 minutes, shake pan several times during toasting. Remove from oven, cool and coarsely chop. While almonds are toasting, layer the pineapple, raspberries, yogurt, banana, and dates in parfait glasses. Sprinkle the almonds on top and serve.

\*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

#### **Nutritional Information per Serving**

Calories: 238 Carbohydrates: 46g
Total Fat: 5.7g Cholesterol: 3mg
Saturated Fat: 0.9g Dietary Fiber: 6g
% of Calories from Fat: 20% Sodium: 42mg

Protein: 6g



#### Mushroom Brushchetta\*

This popular appetizer is delicious with mushroom topping.

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's <u>strict nutrition guidelines</u> as a healthy recipe.

Category: Appetizers, Dips & Salsa

Think Variety; Think Color:

Serves: 8

Cups of Fruits and Vegetables per Serving: 1

Each serving provides: A good source of folate and potassium

#### Ingredients:

1 Tbsp. olive oil

1 tsp. coarsely ground pepper

2 tsp. hot curry powder

11/2 lbs. button mushrooms, coarsely chopped

1 medium onion, peeled and finely chopped

4 cloves garlic, peeled

2 tsp. dried leaf oregano, crushed

2 Tbsp. Balsamic vinegar

1/3 cup finely chopped parsley

salt and pepper, to taste (optional)

1 loaf or 161/2 inch thick slices of Italian or French bread

Extra virgin olive oil (optional)



Heat oil, pepper and curry powder in deep skillet over MEDIUM-HIGH heat. Add mushrooms, onion, 2 cloves minced garlic and oregano. Mix well, cover and cook 2-3 minutes. Remove lid, lower heat and continue to cook, stirring often until mushroom mixture is somewhat dry in texture.

Remove from heat and mix in vinegar and chopped parsley. Adjust seasonings. Cool to room temperature. Toast bread until golden. While toast is still warm, rub cut garlic on one side of each slice. If desired, drizzle with olive oil. Place warm bruschetta around mushroom topping and serve immediately.

NOTE: Optional ingredients are not included in dietary analysis.

\*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

#### **Nutritional Information per Serving**

Calories: 105 Carbohydrates: 16g
Total Fat: 2.6g Cholesterol: 0mg
Saturated Fat: 0.4g Dietary Fiber: 2g
% of Calories from Fat: 21% Sodium: 120mg

Protein: 5g

## Cauliflower with Paprika-Garlic Sauce

**Preparation Time:** 10 minutes **Number of Servings:** 4

Cups of Fruits and Vegetables Per Person: 1

#### Ingredients:

4 cups small cauliflower florets

2 cloves garlic, minced

1 tsp. olive oil

2 Tbsp. apple juice

1 Tbsp. fresh parsley

1 Tbsp. red wine vinegar

1½ tsp. paprika

1/8 tsp. salt



In a large saucepan with steamer rack, steam cauliflower over boiling water covered for about 8 minutes or until crisp-tender. Meanwhile, using a small saucepan prepare sauce. First cook garlic in hot oil for 30 seconds. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt. Cook sauce until heated. Transfer cauliflower to a serving dish. Pour sauce over the hot cauliflower. Toss to coat.

#### **Nutritional Information per Serving**

Calories: 45
Carbohydrates: 7g
Total Fat: 2g
Cholesterol: 0mg
Saturated Fat: 0g
Dietary Fiber: 3g
Protein: 2g
Sodium: 105mg

## Southwestern Style Cherry Slaw

**Preparation Time:** 10 minutes **Number of Servings:** 6

Cups of Fruits and Vegetables Per Person: 1.5

#### Ingredients:

4 cups shredded cabbage

3 cups sweet cherries, pitted and halved

2 cups torn fresh spinach leaves

1 cup shredded jicama

1 cup shredded carrot

½ cup snipped fresh cilantro

½ cup diced red onion

2 Tbsp. olive oil

2 Tbsp. fresh lime juice

2 Tbsp. frozen lime juice concentrate, thawed

1 jalapeno pepper, seeded and minced

½ tsp. lime zest

1/4 tsp. chili powder

1/4 tsp. ground cumin

1/4 tsp. salt



In large serving bowl, combine ingredients for slaw. In small saucepan, combine dressing ingredients; heat to boil. Pour over salad and toss gently to coat.

#### **Nutritional Information per Serving**

Calories: 140 Carbohydrates: 24g
Total Fat: 5g Cholesterol: 0mg
Saturated Fat: 1g Dietary Fiber: 5g
% of Calories from Fat: 32% Sodium: 130mg

Protein: 2g

## **Cranberry Salsa**

Preparation Time: 10 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 0.50

#### Ingredients:

4 oz. 100% cranberry juice blend

11/2 cups diced tomatoes

1 cup fresh cranberries\*, sliced thin

1/4 cup ripe medium avocado, diced

½ cup diced pineapple

½ cup thinly sliced scallions (including green tops)

2 Tbsp. lemon juice

1/4 cup finely chopped jalapeno peppers

2 cloves crushed garlic (about 1 tsp.)

fresh ground pepper, as desired



Place juice into a saucepan. Boil for about 5 minutes until reduced to about 1 Tbsp of syrup. Place the reduced juice and all remaining ingredients into a medium bowl and stir until incorporated. Chill and serve immediately with favorite chips and vegetables.

#### **Nutritional Information per Serving**

Calories: 35 Carbohydrates: 6g
Total Fat: 1g Cholesterol: 0mg
Saturated Fat: 0g Dietary Fiber: 2g
% of Calories from Fat: 25% Sodium: 0mg

Protein: 1g

<sup>\*</sup>Fresh cranberries may be stored in your freezer for up to 1 year.